

# Aerobics/Dance Room

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00AM	Yolanda <i>Zumba</i>	Cooper <i>Spin</i>	Yolanda <i>Zumba</i>	Cooper <i>Spin</i>			
7:00AM		Caleb <i>Kickboxing</i>	Mira Bai <i>Begin Yoga</i>	Mira Bai <i>Begin Yoga</i>			
8:00AM		Caleb <i>ABS</i>		Caleb <i>ABS</i>		Rose <i>Zumba</i>	
9:00AM		Nancy Jo <i>Seniors</i>	Roxanne <i>Zumba Gold</i>	Nancy Jo <i>Seniors</i>		Jean <i>Aerobics</i>	
10:00AM	Goof & Giggle 6-12m					Elisa <i>Yoga</i>	
11:00AM	Goof & Giggle 1-3				Flip City Ballet 10:30 Cheer 11:15 Tumbling 12:00		
12:00PM			Body Sculpting <i>Afton</i>				
1:00PM							
2:00PM							
3:00PM			Roxanne <i>Kids Zumba</i>	Belly Dance <i>Shaska</i>			
4:00PM				Belly Dance <i>Andrea</i>			
5:00PM	Jean <i>Aerobics</i>	Carol <i>Yoga</i>	Jean <i>Aerobics</i>	Elisa <i>Yoga</i>			
6:00PM	Elisa <i>Yoga</i>	Rose <i>Zumba</i>	Carol <i>Yoga</i>	Rose <i>Zumba</i>			
7:00PM	Rose <i>Zumba</i>	Jean <i>Aerobics</i>	Rose <i>Zumba</i>	Jean <i>Aerobics</i>			
8:00PM		Anita <i>Spin</i>		Anita <i>Spin</i>			
9:00PM							



Instructor Pricing

Discounted for members- \$4 for members, \$8 for non-members

Free to Members

# Cottonwood Room

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00AM							
7:00AM							
8:00AM							
9:00AM							
10:00AM							
11:00AM							
12:00PM							
1:00PM							
2:00PM							
3:00PM							
4:00PM		Ballet 3-5		Ballet 6-8			
5:00PM		Cheer 3-5		Cheer 6-12			
6:00PM		Tumbling					
7:00PM							
8:00PM							
9:00PM							